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HOSPITALS AND NURSING IN THE PHILIPPINES *

By MABEL E. McCALMONT, R.N.

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It may be only from my close proximity or it may actually be a fact, but it does seem to the writer that in no portion of the globe could there be a greater opportunity for nurses or nursing than in the Philippine Islands. Since the American occupation, much has been done. During the last two years a training school for Filipino nurses has been started and fairly well established in Manila, but there is still such a great field and such large opportunities, both altruistic and financial, it seems rather a pity that the nursing profession does not know more of this far away but most interesting corner of the Orient.

The first American nurses who came to the Islands were, of course, the Red Cross and the army nurses who came over during and immediately after the Spanish-American War. There were about 125 in all, but their movements and history while here are of no special moment at this time, as practically all left the Islands as soon as their immediate duty was fulfilled. A few of the Red Cross nurses went into the army, but with the adoption of civil government, the army nursing corps has been gradually reduced until there are now probably not more than twenty nurses in the Islands. The work of the army and navy corps will always be localized and devoted practically to the Americans; the real nursing of the Philippine Islands, the work that will reach the people, will be dependent upon and represented by the nurses employed by the civil government, by those of private institutions, and lastly, but most important, by the native trained nurses themselves.

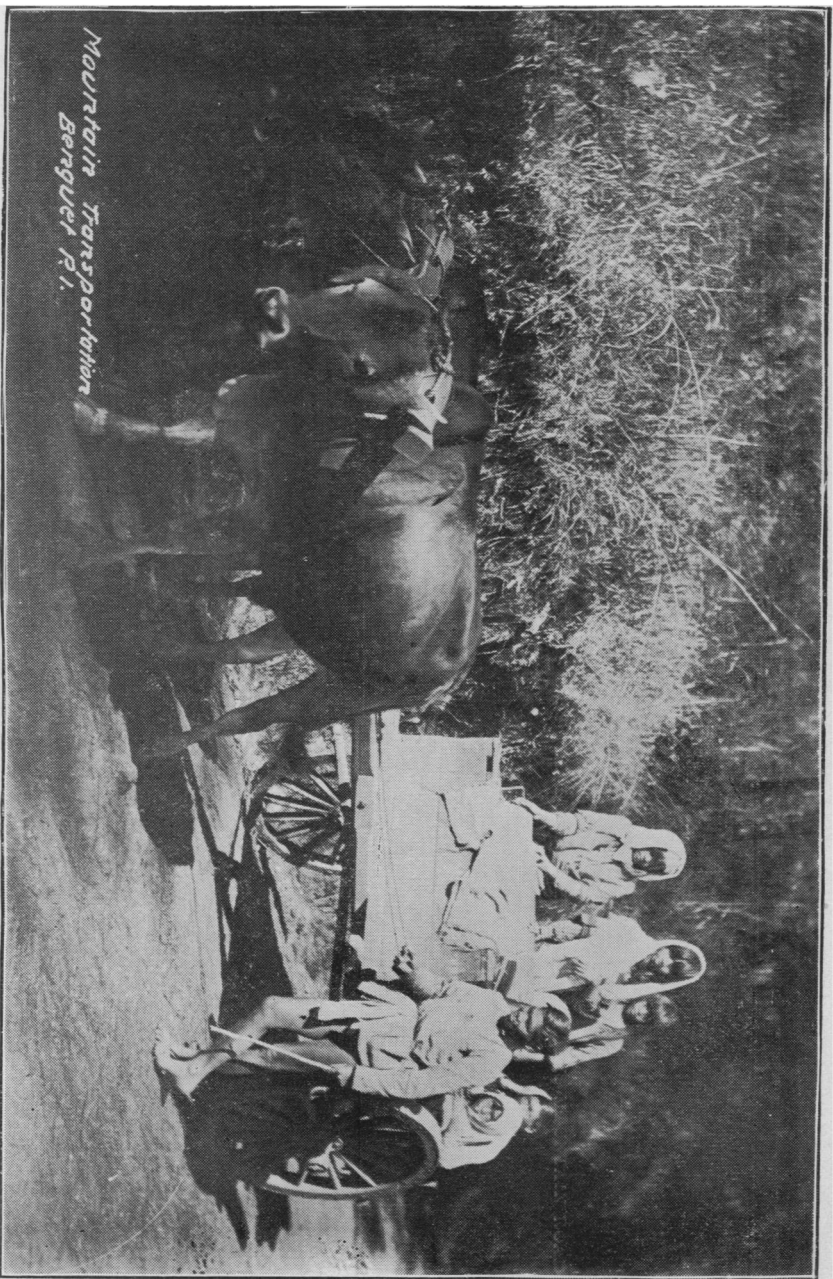
The Bureau of Health has charge of all the civil hospitals in the Philippine Islands, with their accompanying nursing force. While this Bureau is responsible for all the medical and sanitary inspection of the Islands, besides aiding many private hospitals and charitable organizations, yet it directs, controls, and operates the Civil Hospital, Bilibid Hospital, and San Lazaro, all of Manila; the Baguio Civil Hospital of Benguet (the summer capital of the Philippines), and the Culion Leper Hospital. The Civil Hospital of Manila furnishes free medical and surgical treatment to all Insular Government employees, besides doing private and emergency work. When finally merged into

* Written for the International Congress of Nurses.

the Philippine General, which will be within a year, all city cases will be cared for in its wards. The San Lazaro Hospital takes care of cholera, smallpox, and other contagious diseases, with special departments in charge of male attendants and native helpers for leprosy, insanity, victims of drug habits, etc. The Bilibid Hospital is connected with Bilibid Prison, the largest prison in the world, and is a very complete new hospital of reinforced concrete, where an American nurse is soon to be put in charge. The Baguio Hospital is for the sick and convalescent insular employees and miners, as well as for the Igorots, a semi-civilized tribe, in the heart of whose country Baguio is situated. They are an interesting people, with their dog-eating propensities, their absurd half dress, etc. They are a bright, friendly, tractable people, and each day the dispensary at Baguio treats and cares for a large number of them.

Baguio is a wonderful place, situated up in the mountains over 5000 feet above sea level, approached by an automobile road, which is one of the two finest mountain roads in the world; a place where one sleeps under two or more blankets at night, and can actually shiver in the day time; where one can find ice and frost in the cool season, and where the rugged rocks and pine trees help one's chattering teeth deny the fact that he is only a few degrees from the equator. It is with pleasure that I send you photographs of this wonderful country and its native inhabitants. The extremes of civilization seem here to meet, and the incongruities are manifold,—half naked Igorots mowing a golf course with American lawn-mowers, Igorots buttoned up in tight-fitting coats, but perfectly bare from the hips down, with the exception of their gee string or loin cloth, in which costume they frequently serve at dinners at which may be assembled the finest culture and brains to be found anywhere.

The Culion Leper Colony is the largest in the world. There are at present over 1800 lepers there, with several hundreds more segregated or awaiting collection. The work of collecting and caring for the lepers of the Philippines is most interesting. I hope to be able soon to send an article to the JOURNAL concerning it. At Culion there is also a large modern reinforced concrete hospital in the course of construction with a capacity of about sixty beds. The work is carried on by two American doctors and six French Sisters of Mercy. Thus far it has been impossible to find American nurses to undertake this work. A supervising nurse there to train the Sisters in more aseptic methods would be of the greatest assistance. It does not mean life-long isolation or anything of the sort. The four American employees, the Catholic Priests and Sisters, with



WHERE THE EXTREMES OF SPEED MEET. THE AUTOMOBILES PASS THE BULL-CARTS DAILY ON THIS MOUNTAIN ROAD TO BAGUIO.



THE FAMOUS BENGUET ROAD, ONE OF THE TWO FINEST MOUNTAIN ROADS IN THE WORLD. ONE TRAVELS OVER THIS
BY MOTOR TO REACH THE BAGUIO SANITARIUM.

proper disinfecting precautions, come and go from Manila as often as they have the opportunity. It is a great field, of course, for missionary work, the children of the Colony being dependent upon the over-worked Sisters for their schooling, moral training, etc.

In addition to the foregoing work, which is actively and successfully under way, there are proposed new general hospitals for the various provinces, besides three great health campaigns which are just being started by the Director of the Bureau. One is the crusade for the reduction of infant mortality, another is a great hook-worm campaign, and the third, that now-familiar warfare against the omnipresent *tuberculosis*, which plague has attained the same appalling stature here as in other countries.

Towards the reduction of infant mortality, creditable work has already begun, but it is a work wherein American nurses will eventually figure in the way of supervision at least, and where graduate Filipino nurses will soon be of inestimable value. The great infant mortality, which is 44 per cent. of the total number of deaths, is chiefly due to improper feeding. Imagine babies a few weeks old (and even younger) being fairly stuffed with boiled rice! And frequently they come to the hospitals and ask if it will hurt their babies to bathe them. What a field right here for a Visiting Nurses' Settlement!

Investigations have shown that the impaired health and weakened conditions of the Filipino people (who are not a strong or enduring race) are largely due to the prevalence of not only tuberculosis but to the hook-worm disease, which latter in its capacity to enervate and undermine the system, seems to have no equal. Nurses will not figure in this work, however, for some time to come. At present it is conducted exclusively by the medical men and health inspectors of the various provinces.

The tuberculosis campaign is only just beginning and nurses are needed. It is proposed to build a large camp on the outskirts of Manila where all tubercular working people will be compelled by law to go at night and sleep under proper conditions, and where they will receive instructions from trained nurses as to right living, proper diet, disposal of sputum, etc., etc. After from four to six weeks of instruction they will be dismissed from the camp but will be watched to see if they are improving, etc. The work is not entirely formulated, but promises to be most interesting. Exactly what form the campaign will take in the provinces has also not yet been determined, but in the opinion of the writer it would seem most logical to begin with classes of instruction in the schools, followed up, if possible, by regular visiting from home to

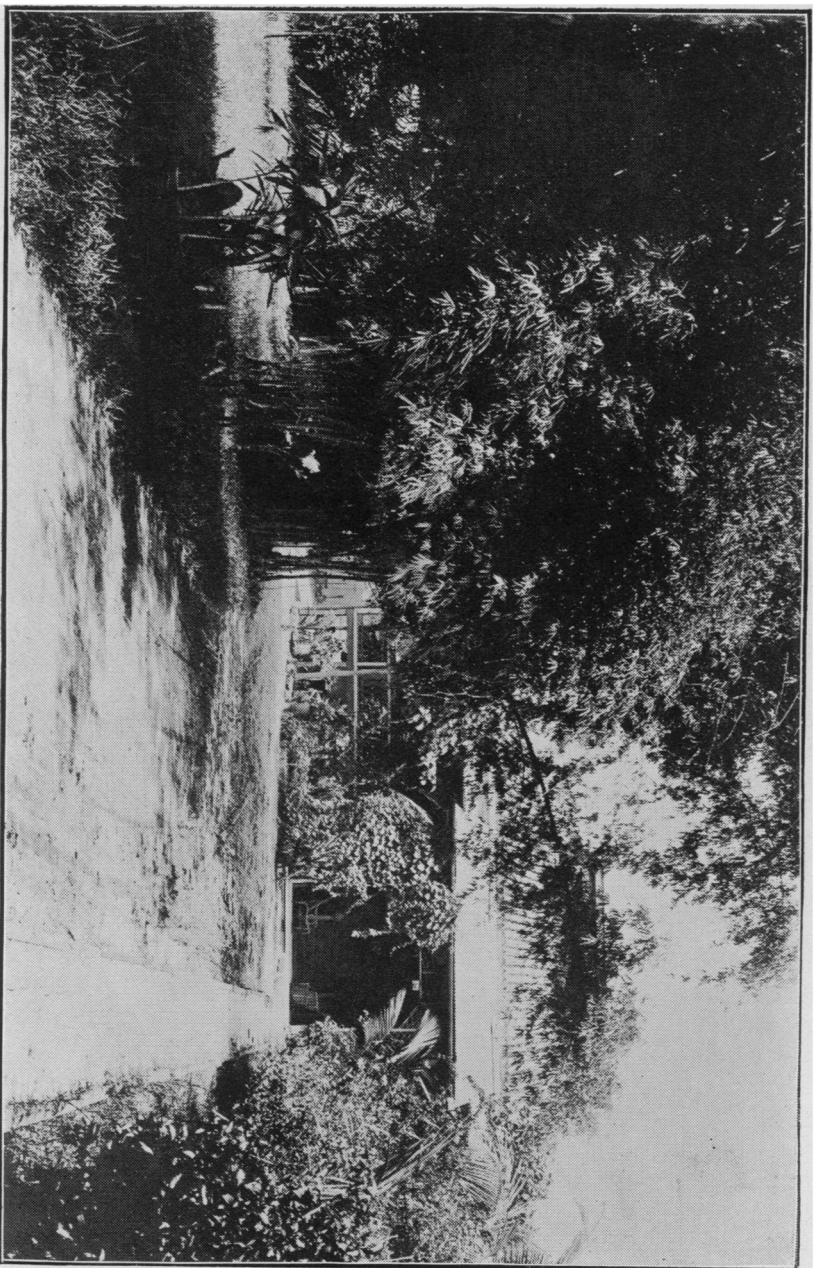
home, giving them practical demonstrations in the matter of cooking, ventilation, hygienic and sanitary measures, etc. I feel that the best results will be obtained from systematic instruction of the school children and Filipino school teachers, which work has already been contemplated by the Bureau of Education but is being held back by a lack of competent teachers of nursing. As the difficulties of such work are colossal and the discouragements extreme, it is useless for nurses without a missionary or philanthropic spirit to undertake it.

The balance of the nursing work done in Manila is accomplished by the University Hospital, St. Paul's, the Mary Johnson Memorial, San Juan de Dios, Sampaloc's and many out-patient dispensaries.

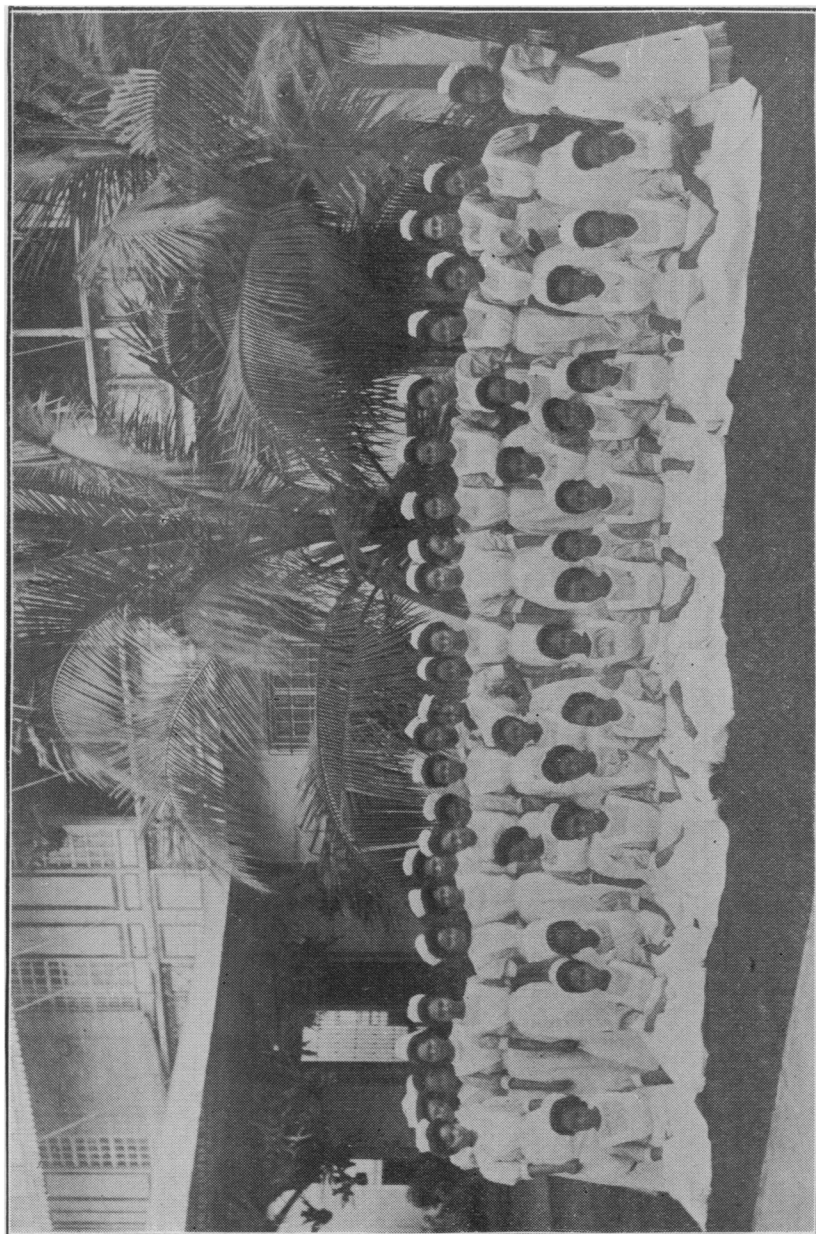
The University is an Episcopal hospital of about thirty beds, with a force of five American nurses. Two settlement workers are also maintained here, young enthusiastic women who are doing splendid work with an orphanage, the establishment of a most successful woman's exchange, neighborhood visiting, children's classes, etc. St. Paul's hospital is a large Catholic hospital of two hundred beds conducted by French Sisters of the order of St. Paul de Chartres. Here is a successful Filipino training school of twenty pupil nurses conducted by two American graduates under whom it has been two years in existence. The French Sisters of this hospital also conduct the Sampaloc Hospital, an institution of sixty beds, supported by and maintained exclusively for the prostitutes of Manila.

San Juan de Dios is a Spanish institution conducted by Catholic Sisters for the benefit of orphans, those feeble minded and insane, and paupers.

There are not more than six private nurses in Manila, yet the demand for them is enormous. The regular salary is at the rate of \$5.00 a day, but even at that price they cannot be secured. Probably this dearth is due to the fact that few people know much about the Philippines. The climate here is not nearly as trying as one is lead to expect from reports of tropical countries. The death-rate among Americans is only about 8 per thousand which is lower than in American cities. There are comparatively no poisonous snakes or insects and were it not for mosquitoes, very little fault could be found. It is possible to get almost everything here that money can buy elsewhere. Fresh milk is difficult to obtain, but good natural milk from Switzerland is available at reasonable rates. Green vegetables, strawberries, and ice are common articles. I trust there will be an awakening of interest in the work of these Islands, and nurses will be tempted to enter the field, not only for the nursing opportunities but for the exceptional opportunity of travel it affords.



THE NURSES' HOME OF THE CIVIL HOSPITAL, ONE OF THE MOST ATTRACTIVE SPOTS IN MANILA. A TENNIS COURT TO THE LEFT IS NOT SHOWN.



THE PRESENT FORCE OF PUPIL NURSES IN FRONT OF THEIR DORMITORY.

I will conclude this report with a brief history of the Civil Hospital and Training School for Filipino nurses.

In October, 1902, the Civil Hospital was established in Manila with Miss Julia Betts, a former Red Cross and ex-army nurse, in charge and with a force of four trained and one untrained nurses, and two attendants for assistants. The capacity was then about forty beds, but rapidly increased to eighty beds, with eighteen nurses and ten or eleven male attendants. With the development of the native training school, the force of graduates was decreased to the present number of twelve American nurses and six attendants. This hospital within the coming year will be merged into the new Philippine General, a most modern and beautiful group of buildings of reinforced concrete with tiled roofs. The entire scheme is designed to accommodate 1000 patients. Eleven buildings are almost completed. Each pavilion has a capacity of 60 beds, while the operating pavilion boasts of two large amphitheatres. The required nursing force will probably be 40 graduates as supervisors, 50 native pupil nurses, and a corresponding number of American and native male attendants.

One of the most interesting features of the work over here is the training school for nurses. This was started two years ago by the Bureau of Education as a specialized branch of the Philippine Normal School under Miss Mary Coleman, for six years Dean of Women there. Shortly after its inception the theoretical work was put in charge of Miss Charlotte Layton, graduate of Orange Memorial Hospital, N. J., who is at present carrying it on in a most able manner. The school started with sixteen scholarships, ten furnished by the Government and six by private individuals. After one year's study in the Normal School, six of these nurses were sent to St. Paul's for practical work, three to the University and seven to the Civil Hospital. After a short time, St. Paul's bought over their six scholarships and used these nurses as a nucleus for their own training school which now numbers twenty. The University Hospital did likewise and now has a training school of seven, with five more to enter next year. The seven sent to the Civil remain intact as the senior class and will be the first graduating class under the civil government. There were twenty-three in the next class, making thirty in all. There are twenty in this year's class and for each year hereafter. These twenty scholarships are covered by a special appropriation of the legislature and defray all the expenses of the girls appointed to fill them. The course is a four years' one, including the preliminary year in the Normal School. This is necessary on account of the youthfulness of the available material, but they are bright, con-

scientious girls, doing wonderfully good work. They are making splendid assistants in the operating room, and while they lack the initiative of the American graduates, yet they do so well under supervision that all interested feel greatly encouraged for their future.

I trust this report has given you a little idea of what is going on in this small corner of the world. Perhaps some of you will be inspired to cast your lot with ours. If so we will gladly greet you. It is a country of opportunity for nurses and all women with the right spirit. The work is entirely that of organization. We want nurses with new ideas, enthusiasm, and enterprise, not the salary-drawing variety, but the world-helping kind.

HOUSEHOLD HYGIENE

By ISABEL McISAAC

(Continued from page 26)

VII

HOUSE FURNISHINGS FROM A SANITARY STANDPOINT

THE choice of household furnishings must necessarily be considered from many points of view; usually the expenditure is the most important item to a majority of housewives and only too often the beauty, usefulness, durability, and suitability are sacrificed to economy. On the other hand many houses would be greatly improved if the family income was curtailed sufficiently to prevent the purchase of fussy inartistic furniture which is usually expensive.

From a sanitary standpoint *nearly* all houses are overcrowded with superfluous things; too many pictures, vases, cushions, fancy curtains and draperies, foot stools, and trashy decorations—passing fads which have nothing of permanency in them and requiring an immense amount of time and hard labor to keep them clean, or the health of the family is endangered by the dirt they harbor.

When economy must be the first thought in the purchase of furnishings, more thought must be expended upon the consideration of cleanliness and comfort. Take, for instance, the item of chairs for the living rooms; unless one has a very large house and servants to care for them, let us not buy upholstered chairs which are filled with dust (and bacteria), heavy to move, and, unless covered with good materials which are usually very expensive, are nearly always very ugly; in willow ware may